

WHAT'S HAPPENING

BREAKFAST

Wednesday, March 23, \$5 | 9 a.m.

Eggs benedict, seasoned potatoes and fresh fruit

LUNCHEON

Wednesday, March 9, \$7 | 11:30 a.m.

St. Patrick's Day Luncheon- Enjoy a traditional meal of corned beef, cabbage, potatoes, bread and a leprechaun dessert. Don't forget to wear green!

Wednesday, April 13, \$7 | 11:30 a.m.

Pirate Murder Mystery Lunch- Join us for a swashbuckling adventure as we solve the mystery of Captain Pryce. We'll serve shipwreck chicken skewers, Captain Jack's loaded baked potatoes, scallywag salad and treasure pudding cake.

**We need eight volunteers to play the role of our pirate characters, if you are interested let us know when you register.*

BUNCO

Wednesday, March 2, \$5 | 10 a.m.

Tuna melt and chips

Wednesday, April 6, \$5 | 10 a.m.

Spaghetti and meatballs

BINGO

Wednesday, March 16, \$5 | 11 a.m.

Shamrock crinkle cookies

Wednesday, April 20, \$5 | 11 a.m.

Lemon bars

BOOK CLUB

March- *Eternal* by Scottolini

April- *The Elephant of Belfast* by Walsh

1st Wednesday | 12:30 p.m. | Free

WRITER'S CIRCLE

Calling all creative writers! Bring your paper and pencils and let your creative writing flow.

Meets the third Friday of the month at 10 a.m.

FLOWER ARRANGING WORKSHOP

Thursday, March 24, \$15 | Noon

Thursday, April 28, \$15 | Noon

STEPS TO OPTIMAL HEALTH

Herbal Gifting – Learn to make quick homemade herbal gifts including teas, salves and culinary creations.

Thursday, March 3 | 10 a.m. | Free

STEPS TO OPTIMAL HEALTH

Have More Energy and Feel Amazing – Discover simple, practical tips that will help you restore your energy levels naturally so that you feel more focused and productive.

Thursday, April 7 | 10 a.m. | Free

www.lasvegasparksandrec.com



cityoflasvegas | lasvegasnevada.gov | #DiscoverTheFun | lasvegasparksandrec.com

PR-5432-02-22

CITY OF LAS VEGAS

CENTENNIAL HILLS ACTIVE ADULT CENTER

6601 N. BUFFALO DRIVE • 702.229.1702

OPEN: MONDAY-FRIDAY, 7 A.M. - 5 P.M.

ACTIVITY CALENDAR

MARCH

POLYPHARMACY

Are your medications negatively interacting with each other? Angela Caracci, Pharmacist will go over many points including: What is Polypharmacy?; Risk factors; Negative impacts; Real life examples; Taking advantage of patient centered pharmacies. Register in advance.

Thursday, March 17, 10 a.m. | Free

APRIL

CLARK COUNTY FAIR TRIP

The fair is back! Bring money for food and souvenirs. Wear sturdy shoes, bring a hat and sunscreen. Tickets to enter the fair are NOT included, the \$7 covers transportation only.

Thursday, April 7, 8 a.m. - 3 p.m. | \$7

APRIL (cont.)

SENIOR LAW PROJECT

The Senior Law Project will be here for an informational session. The following is a partial listing of professional legal assistance services: wills, durable Power of Attorney for healthcare/financial, prevention of elder abuse and exploitation, scams, victim of fraud, evictions, debt collection, guardianship issues, Social Security, Medicare and Medicaid.

Thursday, April 21, 10 a.m. | Free

2022 SENIOR HEALTH FAIR & FITNESS DAY

Come enjoy a free health fair all about fitness, health and you from 9-11 a.m. A series of fitness class demos will be held from Noon-3 p.m. Register in advance for a t-shirt and boxed lunch for \$8.

See flyer for more details.

Thursday, April 27, 9 a.m. - 3 p.m. | \$8

Yearly membership card gives you...

Bridge • Pinochle • Canasta • Mahjongg • Computer Lab Access
Knitting & Crochet • Quilting • Monthly Movie
Fitness/ Weight Room • Indoor Lap Pool • And More

Membership is \$10 per year!

Fitness Pass \$25 for 30 days!



CENTENNIAL HILLS ACTIVE ADULT CENTER

MARCH/APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FITNESS ROOM/OPEN SWIM 7-9 a.m. • 11 a.m.-2:30 p.m. ~~~~	FITNESS ROOM/OPEN SWIM 7-9 a.m. • 11 a.m.-2:30 p.m. ~~~~	FITNESS ROOM/OPEN SWIM 7-9 a.m. • 11 a.m.-2:30 p.m. ~~~~	FITNESS ROOM/OPEN SWIM 7-9 a.m. • 11 a.m.-2:30 p.m. ~~~~	FITNESS ROOM/OPEN SWIM 7-9 a.m. • 11 a.m.-2:30 p.m. ~~~~
COMPUTER LAB Monday-Friday 7 a.m.-4:30 p.m. ~~~~	COMPUTER LAB Monday-Friday 7 a.m.-4:30 p.m. ~~~~	COMPUTER LAB Monday-Friday 7 a.m.-4:30 p.m. ~~~~	COMPUTER LAB Monday-Friday 7 a.m.-4:30 p.m. ~~~~	COMPUTER LAB Monday-Friday 7 a.m.-4:30 p.m. ~~~~
PICKLEBALL 9-11 a.m. YMCA Small Gym ~~~~	QUILTING 8:30 a.m. ~~~~	KNIT & CROCHET 8 a.m. ~~~~	JAZZ FIT* 7:45-8:45 a.m. Multi-Purpose Room ~~~~	WATER AEROBICS* 8-9 a.m. • Lap Pool ~~~~
CHAIR YOGA* 9:15-10:15 a.m. Multi-Purpose Room. ~~~~	OPEN GAME GROUP Game Group • 9 a.m. ~~~~	OIL PAINTING+ \$24 per month 8:30 a.m. ~~~~	SENIOR T.O.P.S. 8:15 a.m. ~~~~	BALLROOM BLAST* 8-9 a.m. Multi-Purpose Room ~~~~
MONTHLY MOVIE 10 a.m. 4th week only ~~~~	SIT 'N FIT* 9:30-10:30 a.m. Classroom 1 ~~~~	INDOOR VOLLEYBALL 9-10:30 a.m. YMCA Small Gym ~~~~	LINE DANCE* 9-11 a.m. Multi-Purpose Room ~~~~	SCULPT & STRETCH* 9-10 a.m. Classroom 1 **Exercise mat required** ~~~~
SCRAPBOOKING & CARD MAKING 10:30 a.m. 1st Monday only ~~~~	BLUEGRASS JAM 10 a.m. ~~~~	TOLE PAINTING 10 a.m. ~~~~	JEWELRY DESIGN 9:30 a.m. ~~~~	LOW IMPACT CARDIO* 9:15-10:15 a.m. Multi-Purpose Room ~~~~
LINE DANCE* 10:30 a.m.- 12:30 p.m. Multi-Purpose Room ~~~~	GRIEF SUPPORT 10 a.m. 2nd & 4th weeks only ~~~~	SCULPT & STRETCH* 10-11 a.m. • CLV Room **Exercise mat required** ~~~~	STEPS TO OPTIMAL HEALTH+ 10 a.m. • 1st week only ~~~~	WRITER'S CIRCLE 10 a.m. 3rd week only ~~~~
BELLY DANCE* 10:45-11:30 a.m. CLV Room ~~~~	INDOOR WALKING 10:30-11:30 a.m. YMCA Large Gym ~~~~	WATER AEROBICS* 11 a.m.-Noon • Lap Pool ~~~~	INDOOR WALKING 10:30-11:30 a.m. YMCA Large Gym ~~~~	BELLY DANCE* 10:30-11:30 a.m. Multi-Purpose Room ~~~~
WATER AEROBICS* 11 a.m.-Noon • Lap Pool ~~~~	DUPLICATE BRIDGE 11 a.m. ~~~~	BEGINNER BALLET* 11:15 a.m.-12:15 p.m. YMCA Studio 2 ~~~~	WHINE & PAINT+ \$10/class 10:30 a.m. • 2nd week only ~~~~	ARTHRITIS AEROBICS* 10:30-11:30 a.m. Lap Pool ~~~~
REIKI CIRCLE 11 a.m. ~~~~	DOMINOS Noon ~~~~	ARTHRITIS AEROBICS* 12:15-1:15 p.m. Therapy Pool ~~~~	POKER 11:30 a.m. ~~~~	COFFEE WITH THE COORDINATOR 10:30 a.m. Last Friday of the month ~~~~
BALLROOM BLAST* 11:45 a.m.-12:45 p.m. YMCA Studio 2 ~~~~	POKER 1p.m. ~~~~	BOOMER BALLET* 12:30-1:45 p.m. YMCA Studio 2 ~~~~	FLOWER ARRANGEMENT+ \$15 per class Noon • 4th week only ~~~~	HAND & FOOT CANASTA Noon ~~~~
SCRABBLE Noon ~~~~	BEAD SOCIETY 1 p.m. 2nd week only ~~~~	BOOK CLUB See back for book list. 12:30 p.m. • 1st week only ~~~~	ZUMBA GOLD* 12:15.-1:15 p.m. Multi -Purpose Room ~~~~	PICKLEBALL 1-4 p.m. YMCA Small Gym ~~~~
ARTHRITIS AEROBICS* 12:15-1:15 p.m. Therapy Pool ~~~~	CARDIO DANCE* 1:30-2:30 p.m. YMCA Studio 2 ~~~~	CURRENT EVENTS 12:30 p.m. 2nd & 3rd weeks only ~~~~	RUMMIKUB 1 p.m. ~~~~	PARTY BRIDGE 1 p.m.
CARDIO CORE* 1-2 p.m. YMCA Studio 2 ~~~~	SCRABBLE 1:30 p.m. ~~~~	PARTY BRIDGE 1 p.m. ~~~~	CARDIO DANCE* 1:30-2:30 p.m. YMCA Studio 2 ~~~~	
PINOCHLE, ADVANCED 1 p.m. ~~~~	POWER HOUR* 2:30-3:30 p.m. Multi-Purpose Room South ~~~~	MAH JONGG 1 p.m.. ~~~~	SIT 'N FIT* 2:30-3:30 p.m. Multi-Purpose Room ~~~~	
SLEEPING MATS 1-4 p.m. 2nd and 4th weeks only 	YOGA* 3:45-4:45 p.m. Classroom 1 **Exercise mat required** 	SIT 'N FIT* 2:15-3:15 p.m. Multi-Purpose Room ~~~~	YOGA* 3:45-4:45 p.m. Multi-Purpose Room **Exercise mat required** 	
		FLEX & STRETCH* 3:30-4:45 p.m. Multi-Purpose Room **Exercise mat required** 		

*Fitness pass required
+ PLEASE REGISTER EARLY
Prices/fees are for the month

CLASSES, ACTIVITIES AND
EVENTS ARE SUBJECT TO
CHANGE OR CANCELLATION